



Shoreham

VILLAGE

NEWSLETTER

Issue 47
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MUSIC THERAPY



The Mental Health Foundation of Nova Scotia is pleased to approve the grant request for **Between The Mountains Music Therapy** in the full amount of \$12,420. The mission of the Mental Health Foundation of Nova Scotia is to make a difference in the lives of Nova Scotians by supporting mental health initiatives in

our communities. Through the generosity of our donors, we do this by distributing funds to organizations like yours. Thank you for sharing our goal of improving the lives of those living with mental illness and their families.



We are very pleased to confirm that we have been approved for a student work placement through the Student Summer Skills Incentive Program. This program will run for 14 weeks, beginning in May, ending in August of 2023. This student placement will provide a great deal of support to our Recreation Department providing engaging activities with residents.

COVID UPDATE

Currently we have no Covid activity at Shoreham. Recently, there has been another Provincial announcement, that there will be another booster offered for the Spring. This one is available to our residents 6 months after their last booster or 6 months after they have had Covid. Staff will be gearing up over the coming months to set times for these

further vaccines for all who consent. Covid continues to be in our communities and we all need to continue to be vigilant with Hand Hygiene practices, wearing of masks and refraining from coming to visit when feeling unwell. Thank you for all you have done and continue to do to help us keep our Shoreham Family safe.

UPDATES FROM SHOREHAM VILLAGE

RESIDENTS ROOM RENOVATIONS

Project is complete and maintenance staff are working at installing wall protection in the rooms.

SPRINKLER HEAD REPLACEMENT

Shoreham Village engaged contractor Viking Fire Protection to replace all older sprinkler heads throughout the facility during the fall.

PAINTING

Finish Coat Painting were engaged to paint the OT Room and the main kitchen during January and February. Thank you to all staff who assisted with these projects to relocate furniture and supplies.

LAUNDRY CHEMICALS

We have switched suppliers for our laundry chemicals effective February 1, 2022.

PA SYSTEM

Some repairs have been completed to the speakers throughout the facility to improve the ability to hear announcements.

CEILING LIFTS

In November we had three residents rooms supplied with ceiling lifts. This was funding that was received from the Department of Seniors and Long Term Care.

As well, an additional ten rooms had ceiling lifts/tracks installed in January.



We are please to report that a Workplace Health and Safety Inspection was conducted at Shoreham Village on February 1, 2023. The inspection report was produced by Officer Gbegbin from the Labour, Skills and Immigration, Occupational Health and Safety division.

SHOREHAM DRUMMERS

Music and rhythm are proven for their ability to contribute positively to mental and physical health, sense of community, hand-eye coordination, and many other benefits. Pipe band drumming is no exception – participants experience the benefits of learning individual musical pieces, and the sense of pride and connection performing together in a group.

The program being proposed for Shoreham Village residents would include the following elements:

- 60-minute session, once per week, for 12 consecutive weeks
- A mix of group instruction, demonstration, and individual coaching during the 60 minutes, covering the basics of pipe band snare drumming:

- Technique
- Rhythm
- Learning 1-2 specially arranged scores, tailored to the participants' abilities



SHOREHAM VILLAGE - DRUMFIT

Municipality of Chester awarded Shoreham Village \$1200.00 to support our proposed Drumfit program; it has been a hit since it began. Residents truly enjoy the music and movement and look forward to joining each week.

Our Recreation Team are continually researching new ideas that will bring our residents further quality and supportive therapeutic programs meeting the needs of our residents on a more personal and expressive manner; we believe DrumFit has the ability to do this.



SHOREHAM VILLAGE - VEHICLE



In efforts to assist with staff recruitment, Shoreham Village has purchased a vehicle that is able to be loaned to staff in need of transportation.

****Applying for car use** - this information was taken directly from an info package that staff will receive - Provide Employee with a copy of the “Company Car Request” Document. Once received briefly review the request and see that everything is filled out, let the employee know we will put the paper in their mailbox with approval or denial.

Check the “Employee List” to make sure the employee is still approved to take the car. This must be checked each time as revoked use can happen any time due to a number of reasons such as an expired licence. Review the “Car Calendar” and the “Upcoming Sign-ups” to ensure there is no overlaps in time that the car is needed.

If the car is not already booked and the employee is approved to take it you can go ahead and fill out the bottom of the form with the approval. However in some cases

we may need to deny use, but this would be rare.

If in the case that the Employees Licence is expired or suspended we cannot approve use of the car until we have been given the valid updated copy.

If the car is already booked we will let the employee know on the returned paperwork, the employee can then apply to have the car a different date or time. If the reason is urgent we will assess the best course of action at that time.

If approved input the information into the “Upcoming Sign-Ups” and mark it off in the “Car Calendar”.

If denied put the information on the “Car Use Denied List”, this allows us to keep track of all bookings submitted.

Hannah Veinotte, Administrative Assistant
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WELCOME TO OUR 1ST PERMANENT PHYSIOTHERAPIST

In November 2022, Shoreham welcomed their first permanent Physiotherapist, Holly Kemp.

Holly completed her Bachelor of Science in Kinesiology at Dalhousie University in 2009 before going on to achieve her Master of Science in Physical Therapy at the University of Toronto in 2011.

Holly has worked in many provinces in Canada and in all areas of Physiotherapy. Most recently, working on the coast of the Arctic Ocean in Tuktoyaktuk Northwest Territories. Holly now resides in Hammonds Plains with her

husband, young daughter and miniature Goldendoodle and has another baby on the way!



Holly is looking forward to a career at Shoreham and working with all staff, residents, families and the overall community as a whole. She is especially excited about improving the safety, mobility, strength and overall quality of life of all residents at Shoreham.

Holly is also working as the new WCB Liason for the employees of Shoreham Village and is finding this an interesting new challenge.

WELCOME SAMANTHA WINTER



My name is Samantha Winter and I was born in raised in Lunenburg, Nova Scotia. I graduated from Dalhousie University in 2014 with my Bachelor of Science in Nursing.

I went on to take a Master of Business Administration with a focus on Health Care Management and Leadership from California Intercontinental University. My early years of nursing were spent in hematology, medical oncology and in the chemotherapy clinic. However, the last 6 years I have spent in long term care in a variety of senior leadership roles. I have fallen in love with the geriatric population and I am very excited to collaborate with the Shoreham team in sharing this passion to provide quality care to your loved ones.

CHESTER HEARTS THE ARTS

Shoreham Village is hoping to change the way our residents interact with our greater community and how our community is able to integrate the needs of our residents into their programming.

Through our Chester Hearts the Arts program, we propose to work together with the Chester Playhouse to create a welcoming and accessible space for Shoreham Village residents to enjoy art performances with members of the larger Chester community. Our primary objective is to provide an opportunity for Shoreham residents to participate in the community social life in Chester.



Through funding for tickets, large print programs, ASL interpreters, and accommodations in redesigned seating for wheelchair accessibility, Shoreham residents will be able to attend live shows in an environment that is both accessible and welcoming.

INTERACTIVE PROJECTION FLOOR & TABLE COMPLETE SYSTEM

WITH SENSORY FUN SUITE - MANUAL AND REMOTE CONTROL




For the Projecting Fun for All project the Shoreham Recreation department will purchase, install and launch the Omi Vista Mobii Plus for use by residents and as



a means to encourage inter-generational programming with the greater community.

We have an existing space that is well suited to the installation of the Om Mobii projection system. Adding in the Omi Mobii Plus will enhance the quality of life of residents by introducing visual and sensory stimulation as well as providing individualized levels of physical movement. It is suitable for all ages and abilities and so we intend to expand beyond resident use to invite community members into our facility for OmiMobii Plus programming!

MAY Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Clergy St Stephens Parish - 4th C. Corkum- 11th Aeon Womens- 18th Rev. S Ago - 25th	10:30 Devotions (ML) 1 2:00 Music with Chester Moss (ML) <small>May Day</small> 10:30 CAMS (ML) 8	10:30 DrumFit (ML) 2 2:00 Bowling (ML) 6:30 Youtube Concert (ML) 10:30 DrumFit (ML) 9	10:30 Drumming with Ashley (ML) 3 10:30 Wacky Wordies (A) 2:00 Bingo (ML) 10:30 Drumming with Ashley (ML) 10 10:30 Resident Council (OT) Gaye 2:00 Bingo (ML)	10:30 Church (ML) 4 2:00 Afternoon Strolls 6:30 Paint Nite (ML) 10:30 Church (ML) 11 2:00 Mother's Day Social (ML) 6:30 Karaoke Nite (ML)	10:00 Music Therapy 5 11:00 Yoga & Meditation (OT) 2:00 Sing Along (E) <small>Cinco de Mayo</small> 10:00 Music Therapy 12 11:30 Pizza Luncheon (Sign up in ML) 2:00 Music with David Rhind (ML)	Coronation of Charles III and Camilla 10:30 Arts & Crafts (OT) 13 2:00 Mother's Day
 <small>Mother's Day National Skilled Nursing Care Week</small> 10:30 Victoria Day Program 21 2:00 Residents Choice	10:30 Devotions (ML) 15 10:30 Montessori (D) 2:00 Scenic Drive (By wing)  10:30 CAMS (ML) 29	11:00 Concerts for Care (ML) 16 2:00 Board Games & Puzzles (ML) 6:30 Lexicon Social (ML) 10:30 DrumFit (ML) 23 10:30 Sing Along (C) Yoga? 2:00 Cards (ML) 6:30 Movie Nite (ML)	10:30 Drumming with Ashley (ML) 17 10:30 Cranium Crunches (E) 2:00 Bingo (ML) 10:30 Drumming with Ashley (ML) 24 10:30 Word Scramble (C) 2:00 Bingo (ML) 6:30 Music with HHG (ML)	10:30 Church (ML) 18 10:30 Meaningful Moments 2:00 Red Hatters (OT) 6:30 Residents Choice 10:30 Church (ML) 25 10:30 Meaningful Moments 2:00 On Cloud Wine (ML) <small>Shavuot Begins</small>	10:00 Music Therapy 19 11:00 Yoga & Meditation (OT) 2:00 Men's Group (OT) 10:30 Music Therapy 26 10:30 Spiritual Hour (ML)	Happy Birthday to... Theirma H - 10 th Darrel D - 15 th Marie B - 16 th Cookie W - 17 th Walter R - 22 nd Peggy G - 23 rd Maxine R - 25 th Russell W - 29 th <small>Forces Day</small> 10:30 Morning News & Coffee (ML) 27 2:00 Fancy Nails (OT)
<small>(ML)= Main Lounge (OT) = OT room (OS)= Outside Programs are subject to change Outings are weather permitting</small> 28	2:00 May Birthday Party (ML) (REC) <small>Memorial Day</small>	10:30 Creative Movement (ML) 30 10:30 Sing Along (B) Yoga? 2:00 Music with Sharon Rhyno (ML) 6:30 Residents Choice	10:30 Drumming with Ashley (ML) 31 10:30 Trivia (A) 2:00 Bingo (ML)	<h2>May 2023</h2> <h3>Shoreham Recreation Calendar</h3>		


Shoreham
 VILLAGE

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